



AUGUST 2015 SCHEDULE

Fitness in the Park is a year-round free exercise program that brings a variety of fitness opportunities to parks and recreational facilities across San Antonio. Getting started is easy! Just take a look at the current schedule and join us! There is no registration required and classes are open to all fitness levels.



@SAParksFitness
San Antonio Parks and Recreation Fitness



WEATHER HOTLINE
(210) 207-3128

BOOT CAMPS & CIRCUIT TRAINING

Boot camps and circuit training classes include a variety of activities geared towards increasing endurance, power, strength, stamina, and speed. Exercises will also focus on flexibility and agility, giving you a great total body workout. An exercise “circuit” refers to one completion of all prescribed exercises in the program.



Class Name	Location	Day(s)	Time	Meeting Place
Thunderstruck Boot Camp	Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza community center
Adult Boot Camp	Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale community center *No class August 17
Adult Boot Camp	LBJ Park 10700 Nacogdoches	Wed	6:30 pm	Inside Lou Hamilton community center
SA Parks Fitness Boot Camp	Phil Hardberger Park East 13203 Blanco	Sat	9:30 am	Near the outdoor classroom
Fitness Boot Camp	South San Park 2031 Quintana	Mon	6:30 pm	Inside South San community center
Adult Circuit Training	Travis Park 301 E. Travis	Tues	12:00 pm	On the east side of the park
Adult Circuit Training	Stone Oak Park 20395 Stone Oak Pkwy	Mon	8:30 am	At the outdoor fitness stations
Adult Circuit Training	Collins Garden Park 1525 Nogalitos	Mon	6:00 pm	At the outdoor fitness stations
Adult Circuit Training	La Villita 418 La Villita	Tues	5:30 pm	Next to the Mobile Fit van *No class August 4 or 25
Interval Training	La Villita 418 La Villita	Tues	6:30 pm	Next to the Mobile Fit van *No class August 4 or 25
ELITE Strength & Conditioning (Conditioning)	La Villita 418 La Villita	Tues	7:30 pm	Next to the Mobile Fit van *No class August 4 or 25



BOOT CAMPS & CIRCUIT TRAINING

Class Name	Location	Day(s)	Time	Meeting Place
Adult Circuit Training	McAllister Park <i>13102 Jones Maltsberger</i>	Sat	10:00 am	At the outdoor fitness stations
Adult Circuit Training	Enrique Barrera Fitness Center <i>5800 Old Hwy 90</i>	Tues	6:00 pm	Inside Enrique Barrera fitness center
Adult Circuit Training	Bonnie Conner Park <i>13300 Woller</i>	Tues / Thurs	5:30 pm	Next to playground *No class August 20
Adult Circuit Training	Labor Street Park <i>436 Labor Street</i>	Wed	5:30 pm	At the outdoor fitness stations
Low Impact Circuit Training	Lions Field Senior Center <i>2809 Broadway</i>	Tues	8:30 am	Inside Lions Field adult & senior center
Circuit Training	Woodlawn Lake Park <i>1103 Cincinnati</i>	Mon / Thurs	6:30 pm	Inside the Community Health & Wellness Center (Gym)
Circuit Training	Lou Kardon Park <i>6161 Gibbs Sprawl Rd.</i>	Wed	8:30 am	At the outdoor fitness stations *No class August 19
Outdoor Circuit hosted by the Mays Family YMCA	Panther Springs Park <i>21456 Blanco</i>	Mon / Wed	8:30 am	Mays YMCA lobby
Interval Training	Joe Ward Park <i>435 E. Sunshine</i>	Wed	6:30 pm	Inside Ward community center *No class August 19
Interval Training	Bonnie Conner Park <i>13300 Woller</i>	Tues / Thurs	6:30 pm	Next to the playground *No class August 20
Interval Training	Highland Park <i>901 Rigsby</i>	Tues	7:00 pm	Inside Bode community center *No class August 18
Interval Training	Woodlawn Lake Park <i>1103 Cincinnati</i>	Mon / Thurs	7:30 pm	Inside the Community Health & Wellness Center (Gym)

BOOT CAMPS & CIRCUIT TRAINING



Class Name	Location	Day(s)	Time	Meeting Place
Interval Training	McAllister Park <i>13102 Jones Maltsberger</i>	Sat	11:00 am	Next to the Turkey Roost Pavilion
Interval Training	Walker Ranch Park <i>12603 West Ave.</i>	Wed	7:00 pm	Next to the pavilion
Interval Training	Stone Oak Park <i>20395 Stone Oak Pkwy</i>	Mon	5:30 pm	At the outdoor fitness stations
Interval Training	Walker Ranch Park <i>12603 West Ave.</i>	Mon	6:00 am	Next to the pavilion
ELITE Strength & Conditioning (Strength)	Cuellar Park <i>5626 San Fernando</i>	Mon	5:00 pm	Inside Cuellar community center
ELITE Strength & Conditioning (Conditioning)	Cuellar Park <i>5626 San Fernando</i>	Mon	6:00 pm	Inside Cuellar community center
Family Fitness Frenzy	LBJ Park <i>10700 Nacogdoches</i>	Wed	5:30 pm	Inside Lou Hamilton community center
Functional Fitness Fusion Interval Training	Veteran's Memorial Park <i>3864 Cibolo Valley Drive, Cibolo, TX</i>	Sat	9:00 am	Meet in the park
ELITE Strength & Conditioning (Conditioning)	Labor Street Park <i>436 Labor Street</i>	Wed	6:30 pm	At the outdoor fitness stations
Low-Impact Circuit Training	Parman Library <i>20735 Wilderness Oak</i>	Mon	10:00 am	In the conference room
Low-Impact Circuit Training	Lackland Terrace Park <i>7902 Westshire</i>	Wed	10:00 am	Inside Gill community center
Boot Camp hosted by Christ Fit Fusion	Stone Oak Park <i>20395 Stone Oak Pkwy</i>	Tues	9:30 am	At the outdoor fitness stations
Boot Camp hosted by Christ Fit Fusion	Hardberger Park West <i>8400 NW Military</i>	Mon	9:30 am	At the basketball courts



BOOT CAMPS & CIRCUIT TRAINING

Class Name	Location	Day(s)	Time	Meeting Place
Low-Impact Fitness Class (30 min)	La Villita 418 Villita St.	Tues	1:30 pm	Juarez Plaza
Low-Impact Fitness Class (30 min)	La Villita 418 Villita St.	Tues	2:00 pm	Juarez Plaza
Cross Training	Garza Park 1450 Mira Vista	Tues / Wed / Thurs	6:00 pm	Inside Garza community center
Lunch Crunch (30 min)	Travis Park 301 E. Travis	Tues	11:30 am	In the park
Self Defense Circuit	Stone Oak Park 20395 Stone Oak Pkwy	Mon	6:30 pm	At the outdoor fitness stations
Family Fitness Frenzy	Collins Garden Park 1525 Nogalitos	Sun, August 2 & 16	11:30 am	In the park
Adult Circuit Training	Collins Garden Park 1525 Nogalitos	Sun, August 2 & 16	10:00 am	In the park
Family Fitness Frenzy	Dignowity Park 701 Nolan	Sun, August 9 & 23	11:30 am	In the park next to library
Adult Circuit Training	Dignowity Park 701 Nolan	Sun, August 9 & 23	10:00 am	In the park next to library
Cardio Abs Boot Camp	Cuellar Park 5626 San Fernando	Tues	5:00 pm	Inside Cuellar community center *No class August 25
Transformation Warrior Boot Camp	Palm Heights Park 1201 W. Malone	Mon, Tues, Thurs	7:30 pm	At the outdoor fitness stations *No class August 6
Boot Camp hosted by BBE Fitness	Brackenridge Park 3700 N. St. Mary's	Sun, August 30	11:30 am	At Koehler Pavilion
Low-Impact Fitness Training	Commander's House 622 S. Flores	Tues	10:00 am	In upstairs conference room

CROSS FIT

Cross Fit is an effective way to get fit. Anyone can do it. It is a fitness program that combines a wide variety of functional movements into a timed or scored workout. Classes offer pull-ups, squats, push-ups, weightlifting, gymnastics, running, and a host of other movements. Always varied, always changing, always producing results.

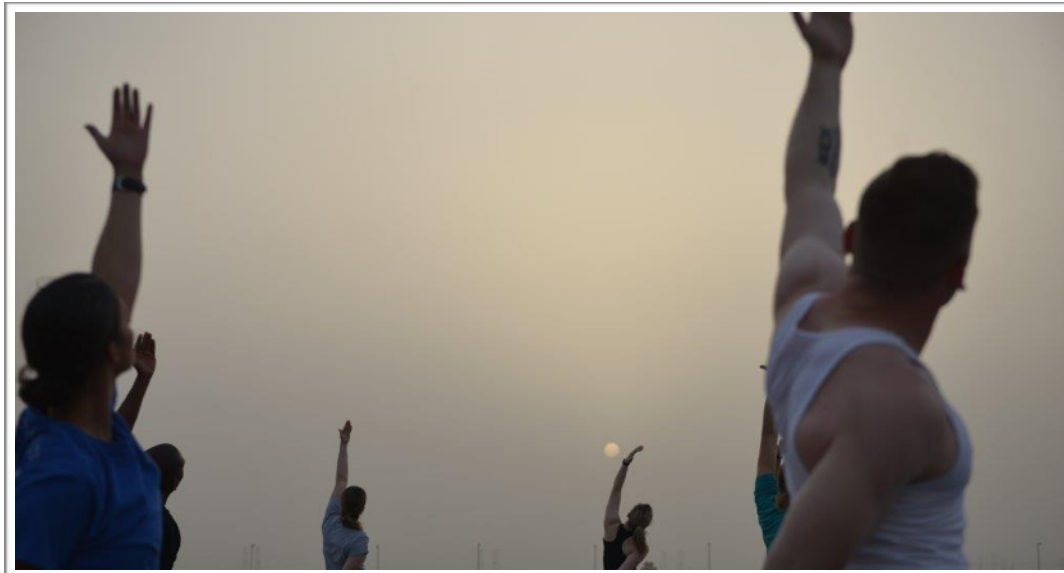
Class Name	Location	Day(s)	Time	Meeting Place
Cross Fit	Highland Park 901 Rigsby	Tues	6:00 pm	Inside Bode Community Center *No class August 18
Cross Fit	Harlandale Park 7227 Briar Place	Mon	7:30 pm	Inside Harlandale Community Center *No class August 17
Cross Fit	McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	Turkey Roost pavilion
Cross Fit	Joe Ward Park 435 E. Sunshine	Wed	7:30 pm	Inside Ward Community Center *No class August 19

DANIELS FAMILY FITNESS CAMP

Join former San Antonio Spurs player and NBA Champion Antonio Daniels as he and his wife Sonia lead their community on the path towards wellness. These free classes include fun fitness activities for the whole family. Train like the pros at these high energy fitness sessions.

Zumba Location	Day(s)	Time	Meeting Place
LBJ Park 10700 Nacogdoches	Sat, August 8	10:00 am	Inside Lou Hamilton community center gym





YOGA & TAI CHI

Exercise your mind, body and soul. Yoga helps reduce anxiety, improve flexibility, relieve stress and improve respiratory functions. Try one of several types of yoga offered, including our Family Friendly Yoga classes that are open to families with young children. Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner, great for stretching and serenity.

Class Name	Location	Day(s)	Time	Meeting Place
Yoga	Friedrich Park 21395 Milsa	Thurs	6:00 pm	Under the pavilion
Yoga	Dorie Miller 2802 MLK	Sat	11:30 am	Inside Dorie Miller Community Center *No class August 1
Yoga	Mission Library 3134 Roosevelt	Sat	1:00 pm	Inside the conference room
Yoga	Pan American Library 1122 Pyron Ave.	Mon	6:30 pm	Inside the library
Family Friendly Yoga	Phil Hardberger Park East 13203 Blanco	Sat	10:30 am	At the outdoor classroom
Family Friendly Yoga	Collins Garden Park 1525 Nogalitos	Mon	7:00 pm	At the outdoor fitness stations
Chair Yoga	Highland Park 901 Rigsby	Sat, August 1	10:30 am	Inside Bode Community Center
Chair Yoga	Dorie Miller 2802 MLK	Sat	10:30 am	Inside Dorie Miller Community Center *No class August 1
Tai Chi	Pan American Library 1122 Pyron Ave.	Fri	11:00 am	Inside the library *Must be on time to participate



CYCLING

Cycling is a great workout for the whole family. With less impact on the joints than running, cycling can provide a peaceful day with lots of scenic views. Try Cycling Circuit, a unique fitness class that blends bicycling with elements of traditional circuit training. This is a 'bring your own' bike class recommended for adults 18 and up.

Class Name	Location	Day	Time	Meeting Place
Cycling Circuit	Mission Library 3134 Roosevelt	Sat	2:00 pm	Outside the Library

ZUMBA

Working out doesn't feel like work when you're having fun. That's why using dance is a great way to burn calories, tone up and increase your endurance.



AQUA ZUMBA

Aqua Zumba is a specialized class that combines the fun and energy of Zumba with the resistance of the water for some added muscle toning. It's also a great way to stay cool this summer while keeping on your workout regime.

Class Name	Location	Day(s)	Time	Meeting Place
Zumba hosted by Community First Health Plans	Highland Park <i>901 Rigsby</i>	Mon	6:30 pm	Inside Bode Community Center *No class August 17, 24 or 31
Zumba hosted by Community First Health Plans	Cuellar Park 5626 San Fernando	Mon/Wed	6:30 pm	Inside the large gym *No class August 3, 5, 10 or 12
Zumba	Harlandale Park <i>7227 Briar Place</i>	Wed	7:15 pm	Inside Harlandale community center
Zumba Toning	McAllister Park <i>13102 Jones Maltsberger</i>	Sat	9:00 am	Turkey Roost pavilion
Zumba	San Pedro Park <i>1415 San Pedro</i>	Sat	8:00 am	Near the pool entrance
Zumba	Arnold Park <i>1011 Gillette</i>	Tues	6:00 pm	Inside the Ramirez community center
Zumba / Dance Mix hosted by the Y Living Center	Jimmy Flores Park <i>835 W. Southcross</i>	Wed	6:30 pm	Inside the YMCA
Zumba hosted by the Walzem YMCA	Walzem YMCA <i>5538 Walzem</i>	Sat	11:00 am	Inside the YMCA
Zumba hosted by the Westside YMCA	Rosedale Park <i>2900 Ruiz</i>	Sat	10:00 am	Check in at the front desk
Zumba hosted by the Braundera YMCA	OP Schnabel Park <i>9606 Bandera</i>	Fri	6:00 pm	Inside the YMCA
Zumba hosted by BBE Fitness	Brackenridge Park <i>3700 N. St. Mary's</i>	Sun, August 23	11:30 am	At Koehler Pavilion

Class Name	Location	Day(s)	Time	Meeting Place
Aqua Zumba hosted by Community First Health Plans	San Pedro Springs Pool <i>1415 San Pedro</i>	Wed	6:30 pm	Inside San Pedro Pool *No class August 19 or 26

DANCE FITNESS

Dance is a great way to work on your overall fitness. It improves your cardiovascular endurance, muscular strength and balance. With a wide variety of dance classes including line, hip hop, ballet, hula, and folklorico, we have something for everyone.



Class Name	Location	Day(s)	Time	Meeting Place
CYPHER Hip Hop Dance	Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside the dance studio * Ages 11 to Adult
Hula Dancing	LBJ Park 10700 Nacogdoches	Mon	6:00 pm	Inside Lou Hamilton community center
Adult Line Dancing	Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill community center
Adult Line Dancing	Granados Park 500 Freiling	Fri	10:00 am	Inside Granados adult & senior center *No class August 14
Bailar Es Vivir (A mix of dance styles)	Enrique Barrera Fitness Center 5800 Old Hwy 90	Mon/Wed	6:00 pm	Inside Enrique Barrera fitness center *Class is taught in Spanish
Intro to Folklorico Dance	Berta Almaguer Dance Studio 138 S. Josephine	Tues	10:00 am	Teens and Adults - Inside the dance studio
Intro to Folklorico Dance for adults	Granados Park 500 Freiling	Fri	11:00 am	Inside Granados adult & senior center *No class August 14
Intro to Ballet Exercise	Berta Almaguer Dance Studio 138 S. Josephine	Tues	11:00 am	Teens and Adults - Inside the dance studio
Belly Dance Exercise	Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside the dance studio
Belly Dance Exercise	LBJ Park 10700 Nacogdoches	Sat	12:30 pm	Inside the dance studio
STEP Class hosted by BBE Fitness	Brackenridge Park 3700 N. St. Mary's	Sun, August 16	11:30 am	At Koehler Pavilion

AEROBICS, CARDIO, MARTIAL ARTS & MORE

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength routines. The goal is to improve all elements of fitness including flexibility, muscular strength, and cardio vascular fitness. Try a general aerobics class or one of our specialty classes like Body Combat, Body Pump, or Cardio Kickboxing.

Body Combat is a non-contact, energetic program inspired by martial arts that draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi, and Muay Tai. Supported by driving music, you will strike, kick, and punch your way through calories to superior cardiac fitness.

Our kickboxing class is a high energy, non-contact, martial arts based workout. Using body weight exercises and athletic drills, you will strengthen your legs, core, and arms, while improving your balance, stamina, and flexibility.

Designed for all fitness levels, Body Pump uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, awesome instructors, Body Pump strengthens, tones and defines the body as nothing else can.

Piloxing is a fusion of Pilates, boxing, and dance done through interval training. Come try this new and unique exercise class!



Class Name	Location	Day(s)	Time	Meeting Place
Cardio Kickboxing	Walker Ranch Park 12603 West Ave	Wed	6:00 pm	Next to the pavilion
Body Combat hosted by the Davis Scott YMCA	Pittman-Sullivan Park 1213 Iowa	Wed	6:30 pm	Inside the YMCA
Body Combat hosted by the Westside YMCA	Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the front desk
Body Pump hosted by the Westside YMCA	Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the front desk
Piloxing	South Side Lions Park 3100 Hiawatha	Mon	6:30 pm	Inside South Side Lions community center
Family Martial Arts	Encino Library 2515 East Evans Rd.	Mon	4:00 pm	Inside the library conference room *Limit of 30 participants per session
Family Martial Arts	Encino Library 2515 East Evans Rd.	Mon	4:30 pm	Inside the library conference room *Limit of 30 participants per session
Extreme Boxing hosted by BBE Fitness	Brackenridge Park 3700 N. St. Mary's	Sun, August 2	11:30 am	At Koehler Pavilion

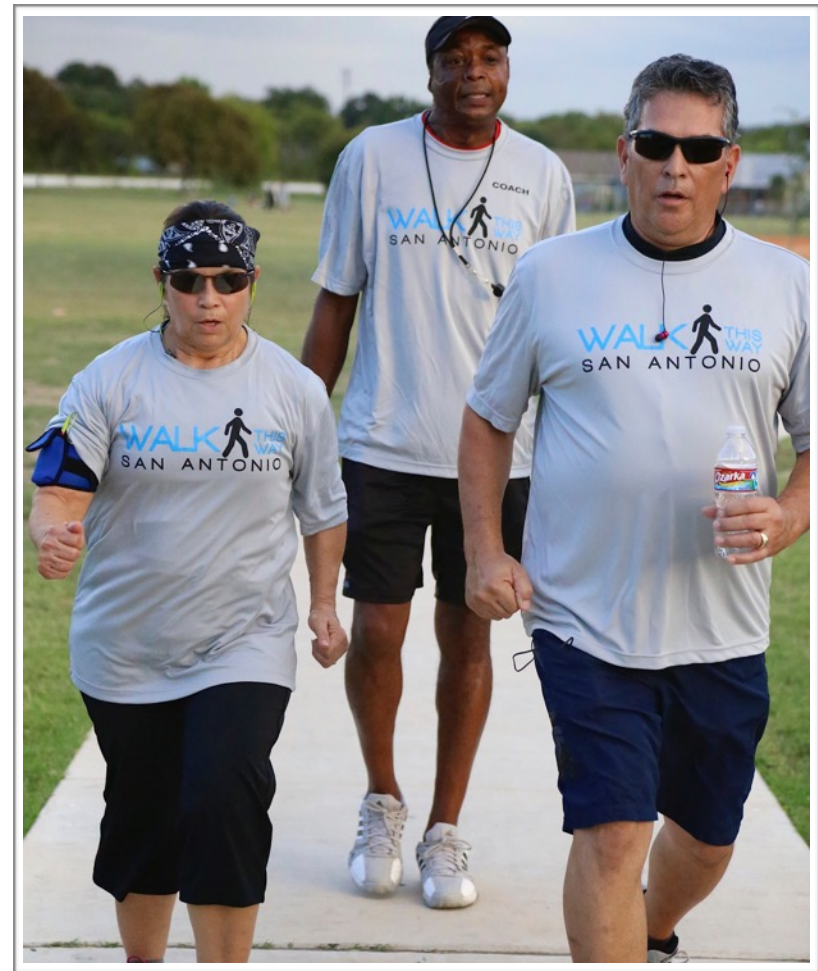
MOMMY & ME

Class Name	Location	Day(s)	Time	Meeting Place
Mommy & Me Fitness	Enrique Barrera Fitness Center 5800 Old Hwy 90	Fri	1:00 pm	Inside Enrique Barrera Fitness Center *For parents with children 3 months to 3 years old
Stroller Strides by Fit 4 Mom	Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430
Stroller Strides by Fit 4 Mom	Phil Hardberger Park East 13203 Blanco	Sat, August 1	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430

WALKING GROUPS

Regular physical activity helps everybody feel better and improves overall health. Walking is an excellent form of physical activity. Through consistent walking, you will get and stay healthier, feel better about yourself, enjoy reduced health risks, stronger muscles and increased bone density. Walking is also a great way to meet new friends!

Class Name	Location	Day(s)	Time	Meeting Place
Social Walk	Lackland Terrace Park 7902 Westshire	Mon	10:00 am	Inside Gill community center
Power Walk	Commander's House 622 S. Flores	Tues	8:30 am	On the porch of the Commander's House
Walk on the River	Commander's House 622 S. Flores	Thurs	8:30 am	On the porch of the Commander's House
Walking Group	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	Inside the Community Health & Wellness Center (Gym)
Walk It Out Fitness	Copernicus Park 5003 Lord Rd.	Thurs	7:00 pm	Inside Copernicus community center
Walk It Out Fitness	Copernicus Park 5003 Lord Rd.	Sat	1:00 pm	Inside Copernicus community center
Fitness Walk	Leon Creek Greenway 3215 Northwestern	Sat	8:30 am	At the trailhead
Community Walk	Pittman-Sullivan Park 1213 Iowa	Sat, August 22	8:30 am	At the YMCA entrance



JUST FOR KIDS



Fitness in the Park is proud to offer free exercise classes specifically designed for kids! With childhood obesity rates on the rise, it's important that our children stay active and understand the importance of a healthy lifestyle. Our youth fitness classes are so fun, they won't even realize they're working out!

Class Name	Location	Day(s)	Time	Meeting Place
Youth Sports Conditioning	Enrique Barrera Fitness Center 5800 Old Hwy 90	Mon	6:00 pm	Inside Enrique Barrera fitness center *Ages 12 to 18
Youth Sports Conditioning	Cuellar Park 5626 San Fernando	Wed	7:30 pm	Inside the large gym *Ages 14 to 18
Youth Basketball Conditioning	Hardberger Park West 8400 NW Military	Sun	5:00 pm	At the basketball courts *Ages 8 to 17
Youth and Adult Basketball Conditioning	Copernicus Park 5003 Lord	Mon	6:30 pm	Inside the gym *No class August 3 or 10
Youth Volleyball Conditioning	Copernicus Park 5003 Lord	Wed	6:30 pm	Inside the gym *No class August 5 or 12
Youth Basketball Conditioning	Arnold Park 1011 Gillette	Sat	2:00 pm	Inside the gym *Middle School Ages *No class August 1 or 8
Youth Basketball Conditioning	Arnold Park 1011 Gillette	Sat	3:00 pm	Inside the gym *High School Ages *No class August 1 or 8

LAP SWIMMING

Take advantage of free lap swimming opportunities provided by the San Antonio Parks and Recreation Department. Join us at one of four regional pools during the week for dedicated lap swimming times, open to the public. It's a great way to stay in shape by participating in a low impact exercise that builds endurance, improves flexibility, and helps strengthen muscles.

Class Name	Location	Day(s)	Time	Meeting Place
Lap Swimming	Heritage Pool 1423 Ellison	Tues, Wed, Thurs	7:30 - 9:30 am	At the pool
Lap Swimming	LBJ Pool 10700 Nacogdoches	Tues, Wed, Thurs	7:30 - 9:30 am	At the pool
Lap Swimming	South Side Lions Pool 3100 Hiawatha	Tues, Wed, Thurs	7:30 - 9:30 am	At the pool
Lap Swimming	Woodlawn Pool 221 Alexander	Tues, Wed, Thurs	7:30 - 9:30 am	At the pool

RACQUET SPORTS

Whether you're new to tennis or just want to brush up on your skills, our non-competitive tennis sessions hosted by the San Antonio Tennis Association are perfect for those that want to get back into the "swing" of things. For a variation try table tennis, pickle ball, or RoTenGo, the hottest new racket in town! The newly renovated Labor Street Park is home to a brand new set of marked RoTenGo courts for your enjoyment.



Class Name	Location	Day(s)	Time	Meeting Place
Adult Table Tennis	Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside the library
Adult Table Tennis	Mission Library 3134 Roosevelt	Sat	3:30 pm to 4:45 pm	Inside the library
Modified Tennis	Granados Park 500 Freiling	Mon	9:30 am to 10:30 am	At the Granados Adult & Senior Center
Pickleball	LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton community center gym *No class August 8
Pickleball	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	At the Granados Adult & Senior Center
RoTenGo	Jesse James Leija Gym 319 W. Travis	Fri	6:00 pm	Upstairs gym
RoTenGo	Labor Street Park 436 Labor Street	Tues	6:15 pm	On the courts
Chair Volleyball for adults	Lackland Terrace Park 7902 Westshire	Tues / Thurs	9:30 am	Inside Gill adult and senior center

VOLUNTEER OPPORTUNITIES

Do you host a free fitness class? Are you looking to start one up? If so, consider becoming part of Fitness in the Park.

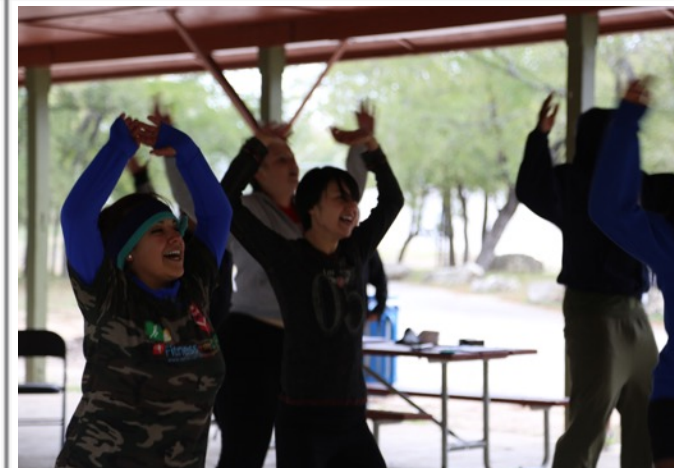
Please contact **Travis.Davey@SanAntonio.gov** for details. We provide participant and instructor incentives, and we have a large network of participants that might be interested in joining you.



TROOPS FOR FITNESS

Troops for Fitness is a series of fitness classes taught by skilled military veterans. With the support of Coca-Cola, the San Antonio Parks and Recreation Department is proud to offer veteran led fitness classes. The following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:

- **Adult Boot Camp**
Harlandale Park
LBJ Park
Garza Park
- **Circuit Training**
Bonnie Conner Park
Lou Kardon Park
McAllister Park
- **Low Impact Circuit**
Lackland Terrace
- **Interval Training**
McAllister Park
Bonnie Conner Park
Ward Park
Veterans Memorial Park (Cibolo)
Highland Park
- **Family Fitness Frenzy**
LBJ Park
- **Cross Fit**
McAllister Park
Harlandale Park
Highland Park
Ward Park
Garza Park



GETTING FIT IS AS EASY AS 1, 2, 3!

San Antonio Parks and Recreation has made working out easier than ever! Fitness in the Park is just one of many programs the city offers to help you stay active. Outdoor Fitness Stations have been installed in over 40 locations and are available to use during park hours. Not sure how to use these machines? There are there easy steps you can take to learn how.

1. Download a QR Code reader on your smart phone or portable electronic device.
2. Scan the QR code on the machine and listen to former San Antonio Spurs player Antonio Daniels and his wife Sonia as they walk you through each piece of equipment.
3. Get Fit!

If you don't have a smart phone or portable electronic device, we've placed these instructional videos on YouTube for viewing on any desktop computer. Simply visit our YouTube Channel at [SAParksFitness](#) and watch the videos that correspond to the equipment at a park near you.

Are you looking for something a bit more competitive? Try Fit Pass 2015! This interactive fitness and wellness scavenger hunt continues through September 12, 2015 with lots of chances to win great prizes. Participating is easy.

1. Visit [SAFitPass.com](#) or download our Mobile App "Fit Pass" to find a complete schedule of activities.
2. Attend any events that interest you and earn points for participating.
3. Earn as many points as you can from now to September 12, 2015. If you have a passport booklet, turn it in to a Fit Pass representative. If you have the Mobile App, we have your information already.

Join us on September 27th at Siclovía to see who won and to get your prizes.

FITNESS IN THE PARK SPOTLIGHT AUGUST 2015



Monday July 27	Tuesday July 28	Wednesday July 29	Thursday July 30	Friday July 31	Saturday August 1	Sunday August 2
6:00 am Interval Training Walker Ranch Park	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	10:00 am Line Dancing Lackland Terrace Park	8:00 am Zumba San Pedro Park	10:00 am Circuit Training Collins Garden Park
8:30 am Circuit Training Panther Springs Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Lou Kardon Park	8:30 am Walk on the River Commander's House	Line Dancing Granados Center	8:30 am Fitness Walk Leon Creek Greenway	11:30 am Family Fitness Frenzy Collins Garden Park
Circuit Training Stone Oak Park	Low Impact Circuit Lions Field	Circuit Training Panther Springs Park	9:30 am Chair Volleyball Lackland Terrace Park	11:00 am Folklorico Granados Center	9:00 am Interval Training Veterans Memorial Park	Extreme Boxing Breckenridge Park
9:30 am Modified Tennis Granados Center	9:30 am Stroller Strides Hardberger Park East	9:30 am Youth Tennis McFarlin Tennis Center	1:00 pm Table Tennis Mission Library	Tai Chi Pan American Library	CrossFit McAllister Park	5:00 pm Basketball Conditioning Hardberger Park West
Youth Tennis McFarlin Tennis Center	Chair Volleyball Lackland Terrace Park	10:00 am Low-Impact Circuit Lackland Terrace Park	Circuit Training Lackland Terrace Park	1:00 pm Mommy & Me Fitness Enrique Barrera FC	Zumba McAllister Park	
10:00 am Low-Impact Circuit Parman Library	Youth Tennis McFarlin Tennis Center	11:00 am Youth Tennis McFarlin Tennis Center	5:30 pm Circuit Training Bonnie Conner Park	6:00 pm Zumba OP Schnabel Park	Pickleball LBJ Park	
Social Walk Lackland Terrace Park	10:00 am Folklorico Berta Almaguer Studio	5:30 pm Family Fitness Frenzy LBJ Park	6:00 pm Cross Training Garza Park	Rotengo Jesse James Leija Gym	Hip Hop Dance Berta Almaguer Studio	
11:00 am Youth Tennis McFarlin Tennis Center	Low Impact Circuit Commander's House	Circuit Training Labor Street Park	Walking Group Woodlawn Lake Park	7:30 pm Boot Camp Palm Heights Park	Belly Dance Berta Almaguer Studio	
4:00 pm Martial Arts Encino Library	11:00 am Ballet Exercise Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC	6:30 pm Circuit Training Woodlawn Lake Park		9:30 am Boot Camp Hardberger Park East	
5:00 pm Strength Cuellar Park	Youth Tennis McFarlin Tennis Center	Cross Training Garza Park	Interval Training Bonnie Conner Park		Stroller Strides Hardberger Park East	
5:30 pm Interval Training Stone Oak Park	11:30 am Lunch Crunch Travis Park	6:30 pm Boot Camp LBJ Park	Zumba South Side Lions Park		10:00 am Zumba Rosedale Park	
Walking Group Woodlawn Lake Park	12:00 pm Circuit Training Travis Park	Cardio Kickboxing Walker Ranch Park	7:00 pm Walk It Out Fitness Copernicus Park		Circuit Training McAllister Park	
6:00 pm Youth Sports Cond Enrique Barrera FC	1:00 pm Table Tennis Mission Library	Adult Tennis McFarlin Tennis Center	7:30 pm Interval Training Woodlawn Lake Park		Chair Yoga Bode Park	
Conditioning Cuellar Park	1:30 pm Low Impact Circuit La Villita	Circuit Training Bonnie Conner Park	Boot Camp Palm Heights Park		Yoga Hardberger Park East	
Hula LBJ Park	2:00 pm Low Impact Circuit La Villita	Aqua Zumba San Pedro Pool			11:00 am Zumba Walzem YMCA	
Bailar es vivir Enrique Barrera FC	5:00 pm Cardio Abs Woodlawn Lake Park	Interval Training Ward Park			Interval Training McAllister Park	
Circuit Training Collins Garden Park	5:30 pm Circuit Training Bonnie Conner Park	Conditioning Labor Street Park			Body Pump Rosedale Park	
6:30 pm Piloxing South Side Lions Park	6:00 pm Cross Training Garza Park	Body Combat Pittman-Sullivan Park			12:30 pm Belly Dance LBJ Park	
Self Defense Circuit Stone Oak Park	Circuit Training Enrique Barrera FC	Interval Training Walker Ranch Park			12:00 pm Body Combat Rosedale Park	
Boot Camp Garza Park	Cross Fit Highland Park	7:00 pm Interval Training Garza Park			1:00 pm Walk It Out Fitness Copernicus Park	
Boot Camp Harlandale Park	Zumba Arnold Park	7:15 pm Zumba Harlandale Park			Yoga Mission Library	
Boot Camp South San Park	6:15 pm Rotengo Labor Street Park	7:30 pm Cross Fit Ward Park			2:00 pm Cycling Circuit Mission Library	
Yoga Pan American Library	6:30 pm Interval Training Bonnie Conner Park				3:30 pm Table Tennis Mission Library	
Circuit Training Woodlawn Lake Park	7:00 pm Interval Training Highland Park					
Zumba Highland Park	7:30 pm Boot Camp Palm Heights Park					
7:00 pm Family Yoga Collins Garden Park						
7:30 pm Interval Training Woodlawn Lake Park						
Cross Fit Harlandale Park						
Boot Camp Palm Heights Park						

Monday August 3	Tuesday August 4	Wednesday August 5	Thursday August 6	Friday August 7	Saturday August 8	Sunday August 9
6:00 am Interval Training Walker Ranch Park	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	10:00 am Line Dancing Lackland Terrace Park	8:00 am Zumba San Pedro Park	10:00 am Circuit Training Dignowity Park
8:30 am Circuit Training Panther Springs Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Panther Springs Park	8:30 am Walk on the River Commander's House	Line Dancing Granados Center	8:30 am Fitness Walk Leon Creek Greenway	11:30 am Family Fitness Frenzy Dignowity Park
Circuit Training Stone Oak Park	9:30 am Stroller Strides Hardberger Park East	Circuit Training Lou Kardon Park	9:30 am Chair Volleyball Lackland Terrace Park	11:00 am Folklorico Granados Center	9:00 am Interval Training Veterans Memorial Park	5:00 pm Basketball Conditioning Hardberger Park West
9:30 am Modified Tennis Granados Center	Chair Volleyball Lackland Terrace Park	10:00 am Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	Tai Chi Pan American Library	CrossFit McAllister Park	
Boot Camp Hardberger Park West	Boot Camp Stone Oak Park	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Walking Group Woodlawn Lake Park	1:00 pm Mommy & Me Fitness Enrique Barrera FC	Zumba McAllister Park	
10:00 am Low-Impact Circuit Parman Library	10:00 am Low Impact Fit Commander's House	Circuit Training Labor Street Park	Circuit Training Bonnie Conner Park	6:00 pm Zumba OP Schnabel Park	Hip Hop Dance Berta Almaguer Studio	
10:30 am Pickleball Granados Park	Folklorico Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	Rotengo Jesse James Leija Gym	Belly Dance Berta Almaguer Studio	
4:00 pm Martial Arts Encino Library	11:00 am Ballet Exercise Berta Almaguer Studio	Cross Training Garza Park	Cardio Kickboxing Walker Ranch Park		9:30 am Boot Camp Hardberger Park East	
4:30 pm Martial Arts Encino Library	11:30 am Lunch Crunch Travis Park	6:30 pm Boot Camp LBJ Park	6:30 pm Circuit Training Woodlawn Lake Park	Yoga Friedrich Park	10:00 am Zumba Rosedale Park	
5:00 pm Strength Cuellar Park	12:00 pm Circuit Training Travis Park	Boot Camp Garza Park	Interval Training Bonnie Conner Park		Circuit Training McAllister Park	
5:30 pm Interval Training Stone Oak Park	1:00 pm Table Tennis Mission Library	Zumba Jimmy Flores Park	7:00 pm Walk It Out Fitness Copernicus Park		Zumba with Sonia & Antonio Daniels LBJ Park	
Walking Group Woodlawn Lake Park	1:30 pm Low Impact Fitness La Villita	Aqua Zumba San Pedro Pool	7:30 pm Interval Training Woodlawn Lake Park		10:30 am Chair Yoga Dorie Miller Park	
6:00 pm Youth Sports Cond Enrique Barrera FC	2:00 pm Low Impact Fitness La Villita	Conditioning Labor Street Park			Yoga Hardberger Park East	
Conditioning Cuellar Park	5:00 pm Cardio Abs Cuellar Park	Interval Training Ward Park			11:00 am Zumba Walzem YMCA	
Hula LBJ Park	5:30 pm Circuit Training Bonnie Conner Park	Body Combat Pittman-Sullivan Park			Interval Training McAllister Park	
Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	Interval Training Walker Ranch Park			Body Pump Rosedale Park	
Circuit Training Collins Garden Park	6:30 pm Circuit Training Enrique Barrera FC	7:00 pm Zumba Harlandale Park			11:30 am Yoga Dorie Miller	
6:30 pm Piloxing South Side Lions Park	Cross Fit Highland Park	7:15 pm			12:00 pm Body Combat Rosedale Park	
Self Defense Circuit Stone Oak Park	Zumba Arnold Park	7:30 pm CrossFit Ward Park			12:30 pm Belly Dance LBJ Park	
Boot Camp Garza Park	6:15 pm Rotengo Labor Street Park	Youth Sports Cond Cuellar Park			1:00 pm Walk It Out Fitness Copernicus Park	
Boot Camp Harlandale Park	6:30 pm Interval Training Bonnie Conner Park				Yoga Mission Library	
Boot Camp South San Park	7:00 pm Interval Training Highland Park				2:00 pm Cycling Circuit Mission Library	
Yoga Pan American Library					3:30 pm Table Tennis Mission Library	
Circuit Training Woodlawn Lake Park						
Zumba Highland Park						
7:00 pm Family Yoga Collins Garden Park						
7:30 pm Interval Training Woodlawn Lake Park						
Cross Fit Harlandale Park						
Boot Camp Palm Heights Park						

Monday August 10	Tuesday August 11	Wednesday August 12	Thursday August 13	Friday August 14	Saturday August 15	Sunday August 16
6:00 am Interval Training Walker Ranch Park	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	10:00 am Line Dancing Lackland Terrace Park	8:00 am Zumba San Pedro Park	10:00 am Circuit Training Collins Garden Park
8:30 am Circuit Training Panther Springs Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Lou Kardon Park	8:30 am Walk on the River Commander's House	11:00 am Tai Chi Pan American Library	8:30 am Fitness Walk Leon Creek Greenway	11:30 am Family Fitness Frenzy Collins Garden Park
Circuit Training Stone Oak Park	9:30 am Stroller Strides Hardberger Park East	Circuit Training Panther Springs Park	9:30 am Chair Volleyball Lackland Terrace Park	1:00 pm Mommy & Me Fitness Enrique Barrera FC	9:00 am Interval Training Veterans Memorial Park	STEP Class Brackenridge Park
9:30 am Modified Tennis Granados Center	Chair Volleyball Lackland Terrace Park	10:00 am Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	6:00 pm Zumba OP Schnabel Park	Pickleball LBJ Park	5:00 pm Basketball Conditioning Hardberger Park West
Boot Camp Hardberger Park West	Boot Camp Stone Oak Park	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Circuit Training Bonnie Conner Park	Rotengo Jesse James Leija Gym	Zumba McAllister Park	
10:00 am Low-Impact Circuit Parman Library	10:00 am Low Impact Fit Commander's House	Circuit Training Labor Street Park	Walking Group Woodlawn Lake Park		Hip Hop Dance Berta Almaguer Studio	
Social Walk Lackland Terrace Park	Folklorico Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park		Cross Fit McAllister Park	
10:30 am Pickleball Granados Park	11:00 am Ballet Exercise Berta Almaguer Studio	Cross Training Garza Park	Yoga Friedrich Park		Belly Dance Berta Almaguer Studio	
4:00 pm Martial Arts Encino Library	11:30 am Lunch Crunch Travis Park	Cardio Kickboxing Walker Ranch Park	6:30 pm Circuit Training Woodlawn Lake Park		9:30 am Boot Camp Hardberger Park East	
4:30 pm Martial Arts Encino Library	12:00 pm Circuit Training Travis Park	6:30 pm Boot Camp LBJ Park	Interval Training Bonnie Conner Park		10:00 am Zumba Rosedale Park	
5:00 pm Strength Cuellar Park	1:00 pm Table Tennis Mission Library	Boot Camp Garza Park	7:00 pm Walk It Out Fitness Copernicus Park		Circuit Training McAllister Park	
5:30 pm Interval Training Stone Oak Park	1:30 pm Low Impact Fitness La Villita	Zumba Jimmy Flores Park	7:30 pm Interval Training Woodlawn Lake Park		10:30 am Yoga Hardberger Park East	
6:00 pm Youth Sports Cond Enrique Barrera FC	2:00 pm Low Impact Fitness La Villita	Aqua Zumba San Pedro Pool	Boot Camp Palm Heights Park		Chair Yoga Dorie Miller Park	
Conditioning Cuellar Park	5:00 pm Cardio Abs Cuellar Park	Interval Training Ward Park			11:00 am Zumba Walzem YMCA	
Hula LBJ Park	5:30 pm Circuit Training Bonnie Conner Park	Conditioning Labor Street Park			Body Pump Rosedale Park	
Bailar es vivir Enrique Barrera FC	Circuit Training La Villita	Body Combat Pittman-Sullivan Park			Interval Training McAllister Park	
Circuit Training Collins Garden Park	6:00 pm Cross Training Garza Park	7:00 pm Interval Training Walker Ranch Park			11:30 am Yoga Dorie Miller	
6:30 pm Piloxing South Side Lions Park	Circuit Training Enrique Barrera FC	7:15 pm Zumba Harlandale Park			12:00 pm Body Combat Rosedale Park	
Self Defense Circuit Stone Oak Park	Cross Fit Highland Park	7:30 pm Cross Fit Ward Park			12:30 pm Belly Dance LBJ Park	
Boot Camp Garza Park	Zumba Arnold Park	Youth Sports Cond Cuellar Park			1:00 pm Walk It Out Fitness Copernicus Park	
Boot Camp Harlandale Park	Rotengo Labor Street Park				Yoga Mission Library	
Boot Camp South San Park	Interval Training Bonnie Conner Park				2:00 pm Cycling Circuit Mission Library	
Yoga Pan American Library	Interval Training La Villita				Basketball Conditioning Arnold Park	
Circuit Training Woodlawn Lake Park	Interval Training Highland Park				3:00 pm Basketball Conditioning Arnold Park	
Zumba Highland Park	7:00 pm Boot Camp Palm Heights Park				3:30 pm Table Tennis Mission Library	
7:00 pm Family Yoga Collins Garden Park	7:30 pm Conditioning La Villita					
7:30 pm Interval Training Woodlawn Lake Park						
Cross Fit Harlandale Park						
Boot Camp Palm Heights Park						

Monday August 17	Tuesday August 18	Wednesday August 19	Thursday August 20	Friday August 21	Saturday August 22	Sunday August 23
6:00 am Interval Training Walker Ranch Park	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	10:00 am Line Dancing Lackland Terrace Park	8:00 am Zumba San Pedro Park	10:00 am Circuit Training Dignowity Park
8:30 am Circuit Training Panther Springs Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Panther Springs Park	8:30 am Walk on the River Commander's House	Line Dancing Granados Center	8:30 am Community Walk Pittman-Sullivan Park	11:30 am Family Fitness Frenzy Dignowity Park
Circuit Training Stone Oak Park	Low Impact Circuit Lions Field Park	10:00 am Low Impact Circuit Lackland Terrace Park	9:30 am Chair Volleyball Lackland Terrace Park	11:00 am Tai Chi Pan American Library	Fitness Walk Leon Creek Greenway	Zumba Breckenridge Park
9:30 am Modified Tennis Granados Center	9:30 am Stroller Strides Hardberger Park East	5:30 pm Circuit Training Labor Street Park	1:00 pm Table Tennis Mission Library	Folklorico Granados Center	9:00 am Pickleball LBJ Park	5:00 pm Basketball Conditioning Hardberger Park West
Boot Camp Hardberger Park West	Chair Volleyball Lackland Terrace Park	Family Fitness Frenzy LBJ Park	5:30 pm Walking Group Woodlawn Lake Park	1:00 pm Mommy & Me Fitness Enrique Barrera FC	Zumba McAllister Park	
10:00 am Low-Impact Circuit Parman Library	Boot Camp Stone Oak Park	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	6:00 pm Zumba OP Schnabel Park	Hip Hop Dance Berta Almaguer Studio	
Social Walk Lackland Terrace Park	10:00 am Low Impact Fit Commander's House	Cross Training Garza Park	6:30 pm Circuit Training Woodlawn Lake Park	Rotengo Jesse James Leija Gym	Belly Dance Berta Almaguer Studio	
10:30 am Pickleball Granados Park	Folklorico Berta Almaguer Studio	Cardio Kickboxing Walker Ranch Park	Yoga Friedrich Park		Cross Fit McAllister Park	
4:00 pm Martial Arts Encino Library	11:00 am Ballet Exercise Berta Almaguer Studio	6:30 pm Boot Camp Garza Park	6:30 pm Circuit Training Woodlawn Lake Park		Interval Training Veterans Memorial Park	
4:30 pm Martial Arts Encino Library	11:30 am Lunch Crunch Travis Park	Zumba Jimmy Flores Park	7:00 pm Walk It Out Fitness Copernicus Park		9:30 am Boot Camp Hardberger Park East	
5:00 pm Strength Cuellar Park	12:00 pm Circuit Training Travis Park	Conditioning Labor Street Park	7:30 pm Interval Training Woodlawn Lake Park		10:00 am Zumba Rosedale Park	
5:30 pm Interval Training Stone Oak Park	1:00 pm Table Tennis Mission Library	Boot Camp LBJ Park	Boot Camp Palm Heights Park		Circuit Training McAllister Park	
Walking Group Woodlawn Lake Park	1:30 pm Low Impact Fitness La Villita	Body Combat Pittman-Sullivan Park			10:30 am Yoga Hardberger Park East	
6:00 pm Youth Sports Cond Enrique Barrera FC	2:00 pm Low Impact Fitness La Villita	Volleyball Conditioning Copernicus Park-			Chair Yoga Dorie Miller Park	
Conditioning Cuellar Park	5:00 pm Cardio Abs Cuellar Park	7:00 pm Interval Training Walker Ranch Park			11:00 am Zumba Walzem YMCA	
Hula LBJ Park	5:30 pm Circuit Training Bonnie Conner Park	7:15 pm Zumba Harlandale Park			Body Pump Rosedale Park	
Bailar es vivir Enrique Barrera FC	Circuit Training La Villita	7:30 pm Youth Sports Cond Cuellar Park			Interval Training McAllister Park	
Circuit Training Collins Garden Park	6:00 pm Cross Training Garza Park				11:30 am Yoga Dorie Miller	
Piloxing South Side Lions Park	Circuit Training Enrique Barrera FC				12:00 pm Body Combat Rosedale Park	
Self Defense Circuit Stone Oak Park	Zumba Arnold Park				12:30 pm Belly Dance LBJ Park	
Boot Camp Garza Park	6:15 pm Rotengo Labor Street Park				1:00 pm Walk It Out Fitness Copernicus Park	
Boot Camp South San Park	6:30 pm Interval Training Bonnie Conner Park				Yoga Mission Library	
Yoga Pan American Library	Interval Training La Villita				2:00 pm Cycling Circuit Mission Library	
Circuit Training Woodlawn Lake Park	7:30 pm Boot Camp Palm Heights Park				Basketball Conditioning Arnold Park	
Zumba Cuellar Park	Conditioning La Villita				3:00 pm Basketball Conditioning Arnold Park	
Basketball Conditioning Copernicus Park					3:30 pm Table Tennis Mission Library	
7:00 pm Family Yoga Collins Garden Park						
7:30 pm Interval Training Woodlawn Lake Park						
Boot Camp Palm Heights Park						

Monday August 24	Tuesday August 25	Wednesday August 26	Thursday August 27	Friday August 28	Saturday August 29	Sunday August 30
6:00 am Interval Training Walker Ranch Park	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	10:00 am Line Dancing Lackland Terrace Park	8:00 am Zumba San Pedro Park	11:30 am Boot Camp Breckenridge Park
8:30 am Circuit Training Panther Springs Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Lou Kardon Park	8:30 am Walk on the River Commander's House	Line Dancing Granados Center	8:30 am Fitness Walk Leon Creek Greenway	5:00 pm Basketball Conditioning Hardberger Park West
Circuit Training Stone Oak Park	Low Impact Circuit Lions Field	Circuit Training Panther Springs Park	9:30 am Chair Volleyball Lackland Terrace Park	11:00 am Folklorico Granados Center	9:00 am Pickleball LBJ Park	
9:30 am Modified Tennis Granados Center	9:30 am Stroller Strides Hardberger Park East	10:00 am Low-Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	Tai Chi Pan American Library	Zumba McAllister Park	
10:00 am Low-Impact Circuit Parman Library	Chair Volleyball Lackland Terrace Park	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Circuit Training Bonnie Conner Park	1:00 pm Mommy & Me Fitness Enrique Barrera FC	Hip Hop Dance Berta Almaguer Studio	
Social Walk Lackland Terrace Park	Boot Camp Stone Oak Park	Circuit Training Labor Street Park	Walking Group Woodlawn Lake Park	6:00 pm Zumba OP Schnabel Park	Belly Dance Berta Almaguer Studio	
10:30 am Pickleball Granados Park	10:00 am Folklorico Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park		Cross Fit McAllister Park	
4:00 pm Martial Arts Encino Library	Low Impact Circuit Commander's House	Cross Training Garza Park	6:30 pm Circuit Training Woodlawn Lake Park	Rotengo Jesse James Leija Gym	Interval Training Veterans Memorial Park	
4:30 pm Martial Arts Encino Library	11:00 am Ballet Exercise Berta Almaguer Studio	Cardio Kickboxing Walker Ranch Park	Yoga Friedrich Park		7:30 am Boot Camp Hardberger Park East	
5:00 pm Strength Cuellar Park	11:30 am Lunch Crunch Travis Park	6:30 pm Boot Camp LBJ Park	6:30 pm Interval Training Bonnie Conner Park		10:00 am Zumba Rosedale Park	
5:30 pm Interval Training Stone Oak Park	12:00 pm Circuit Training Travis Park	Boot Camp Garza Park	7:00 pm Walk It Out Fitness Copernicus Park		Circuit Training McAllister Park	
Walking Group Woodlawn Lake Park	1:00 pm Table Tennis Mission Library	Zumba Jimmy Flores Park	7:30 pm Interval Training Woodlawn Lake Park		10:30 am Yoga Hardberger Park East	
6:00 pm Youth Sports Cond Enrique Barrera FC	1:30 pm Low Impact Circuit La Villita	Zumba Cuellar Park	Boot Camp Palm Heights Park		Chair Yoga Dorie Miller Park	
Conditioning Cuellar Park	2:00 pm Low Impact Circuit La Villita	Interval Training Ward Park			11:00 am Zumba Walzem YMCA	
Hula LBJ Park	5:30 pm Circuit Training Bonnie Conner Park	Conditioning Labor Street Park			Body Pump Rosedale Park	
Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park	Body Combat Pittman-Sullivan Park			Interval Training McAllister Park	
Circuit Training Collins Garden Park	7:00 pm Circuit Training Enrique Barrera FC	Volleyball Conditioning Copernicus Park-			11:30 am Yoga Dorie Miller	
Piloxing South Side Lions Park	Cross Fit Highland Park	7:00 pm Interval Training Walker Ranch Park			12:00 pm Body Combat Rosedale Park	
Self Defense Circuit Stone Oak Park	Zumba Arnold Park	7:15 pm Zumba Harlandale Park			12:30 pm Belly Dance LBJ Park	
Boot Camp Garza Park	Rotengo Labor Street Park	7:30 pm Cross Fit Ward Park			1:00 pm Walk It Out Fitness Copernicus Park	
Boot Camp Harlandale Park	6:30 pm Interval Training Bonnie Conner Park	Youth Sports Cond Cuellar Park			Yoga Mission Library	
Boot Camp South San Park	7:00 pm Interval Training Highland Park				2:00 pm Cycling Circuit Mission Library	
Yoga Pan American Library	7:30 pm Boot Camp Palm Heights Park				Basketball Conditioning Arnold Park	
Circuit Training Woodlawn Lake Park					3:00 pm Basketball Conditioning Arnold Park	
Zumba Cuellar Park					3:30 pm Table Tennis Mission Library	
Basketball Conditioning Copernicus Park						
Family Yoga Collins Garden Park						
Interval Training Woodlawn Lake Park						
Cross Fit Harlandale Park						
Boot Camp Palm Heights Park						

WEEKLY SCHEDULE

AUGUST - SEPTEMBER 2015

Monday August 31	Tuesday September 1	Wednesday September 2	Thursday September 3	Friday September 4	Saturday September 5	Sunday September 6
6:00 am Interval Training Walker Ranch Park	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	7:30 am Lap Swimming Various Pools	10:00 am Line Dancing Lackland Terrace Park	8:00 am Zumba San Pedro Park	10:00 am Circuit Training Collins Garden Park
8:30 am Circuit Training Panther Springs Park Circuit Training Stone Oak Park	8:30 am Power Walk Commander's House Low Impact Circuit Lions Field	8:30 am Circuit Training Lou Kardon Park Circuit Training Panther Springs Park	8:30 am Walk on the River Commander's House 9:30 am Chair Volleyball Lackland Terrace Park	Line Dancing Granados Center 11:00 am Folklorico Granados Center Tai Chi Pan American Library	8:30 am Fitness Walk Leon Creek Greenway 9:00 am Pickleball LBJ Park Zumba McAllister Park	11:30 am Family Fitness Frenzy Collins Garden Park
9:30 am Modified Tennis Granados Center Boot Camp Hardberger Park West	9:30 am Stroller Strides Hardberger Park East Chair Volleyball Lackland Terrace Park Boot Camp Stone Oak Park	10:00 am Low-Impact Circuit Lackland Terrace Park 5:30 pm Family Fitness Frenzy LBJ Park	1:00 pm Table Tennis Mission Library 5:30 pm Circuit Training Bonnie Conner Park Walking Group Woodlawn Lake Park	1:00 pm Mommy & Me Fitness Enrique Barrera FC 6:00 pm Zumba OP Schnabel Park Rotengo Jesse James Leija Gym	Hip Hop Dance Berta Almaguer Studio Belly Dance Berta Almaguer Studio Cross Fit McAllister Park Interval Training Veterans Memorial Park	
10:00 am Low-Impact Circuit Parman Library Social Walk Lackland Terrace Park	10:00 am Folklorico Berta Almaguer Studio Low Impact Circuit Commander's House 11:00 am Ballet Exercise Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC Cross Training Garza Park Cardio Kickboxing Walker Ranch Park	6:00 pm Cross Training Garza Park Yoga Friedrich Park		9:30 am Boot Camp Hardberger Park East 10:00 am Zumba Rosedale Park Circuit Training McAllister Park	
10:30 am Pickleball Granados Park 4:00 pm Martial Arts Encino Library 4:30 pm Martial Arts Encino Library	11:30 am Lunch Crunch Travis Park Circuit Training Travis Park 12:00 pm Circuit Training Travis Park 1:00 pm Table Tennis Mission Library	6:30 pm Boot Camp LBJ Park Boot Camp Garza Park Zumba Jimmy Flores Park Zumba Cuellar Park	6:30 pm Circuit Training Woodlawn Lake Park Interval Training Bonnie Conner Park 7:00 pm Walk It Out Fitness Copernicus Park		10:30 am Yoga Hardberger Park East Chair Yoga Dorie Miller Park 11:00 am Zumba Walzem YMCA Body Pump Rosedale Park Interval Training McAllister Park	
5:00 pm Strength Cuellar Park 5:30 pm Interval Training Stone Oak Park Walking Group Woodlawn Lake Park	1:30 pm Low Impact Circuit La Villita 2:00 pm Low Impact Circuit La Villita 5:30 pm Circuit Training Bonnie Conner Park 6:00 pm Cross Training Garza Park Circuit Training Enrique Barrera FC Cross Fit Highland Park Zumba Arnold Park	Interval Training Ward Park Conditioning Labor Street Park Body Combat Pittman-Sullivan Park Volleyball Conditioning Copernicus Park- 7:00 pm Interval Training Walker Ranch Park 7:15 pm Zumba Harlandale Park	7:30 pm Interval Training Woodlawn Lake Park Boot Camp Palm Heights Park		11:30 am Yoga Dorie Miller 12:00 pm Body Combat Rosedale Park 12:30 pm Belly Dance LBJ Park 1:00 pm Walk It Out Fitness Copernicus Park Yoga Mission Library	
6:00 pm Youth Sports Cond Enrique Barrera FC Conditioning Cuellar Park Hula LBJ Park Bailar es vivir Enrique Barrera FC Circuit Training Collins Garden Park	6:30 pm Piloxing South Side Lions Park Self Defense Circuit Stone Oak Park Boot Camp Garza Park Boot Camp Harlandale Park Boot Camp South San Park Yoga Pan American Library Circuit Training Woodlawn Lake Park Zumba Cuellar Park Basketball Conditioning Copernicus Park	7:30 pm Cross Fit Ward Park Youth Sports Cond Cuellar Park			12:30 pm Belly Dance LBJ Park 1:00 pm Walk It Out Fitness Copernicus Park Yoga Mission Library 2:00 pm Cycling Circuit Mission Library Basketball Conditioning Arnold Park 3:00 pm Basketball Conditioning Arnold Park 3:30 pm Table Tennis Mission Library	
7:00 pm Family Yoga Collins Garden Park 7:30 pm Interval Training Woodlawn Lake Park Cross Fit Harlandale Park Boot Camp Palm Heights Park	6:15 pm Rotengo Labor Street Park 6:30 pm Interval Training Bonnie Conner Park 7:00 pm Interval Training Highland Park 7:30 pm Boot Camp Palm Heights Park					